

Franconia Springfield Senior Center



September 2006

**At the Franconia Firehouse
Bingo Hall
6300 Beulah Street
Alexandria, VA 22310**

703-924-9762, TTY 711

Fax 703-924-9763

Operating Hours

Monday – Friday

9 a.m. to 4 p.m.

E-mail: anne.slee@fairfaxcounty.gov

Website: www.fairfaxcounty.gov/rec

Staff: Anne Chase, *Acting Director*



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements.

September Highlights

Wednesday, September 7, 2006, 10:30 a.m. Charter Trip to Springfield Mall. Trade show, entertainment, door prizes, and speakers! The Beacon *Info Expo* will be set up through out the Mall with products, services, and activities for seniors. Come for information on all aspects a senior might want from medical to retirement. Come be entertained and enlightened.

Monday, September 11, 2006, 11 a.m. Will on Wheels sponsored by the Fairfax Bar Pro Bono Program. If you signed up or are interested in the service, the lawyers will be here to work with you at 11 a.m. For more information contact the office.

Wednesday, September 13, 2006, 12:30 p.m. Are you prepared for an emergency? We Care America will be here to help use prepare for a disaster. This workshop will provide you with information on *Shelter in Place*, *Build a 72 Hour Go Kit*, and *Make a Plan*. Please join us at this free informative workshop and make you own mini kit to take home.

Thursday, September 14, 2006, noon Nutrition visits with Ruth from Fairfax County Food Services.

Monday, September 18, 2006, 10:30 a.m. Charter Trip. Get ready to eat and dance at the Old Country Buffet. Special music from a DJ and all the food you care to eat. The cost is \$8.00. Please sign up at front desk if you are interested in going.

Wednesday, September 20, 2006, 10 a.m.- noon Entertainer DJ Steve is back! Anne will lead exercise as Steve spins the records and helps us through our favorite line dances.

Thursday, September 21, 2006, noon The Dixie Land Band will be here to entertain us with their various instruments and the history of the music.

Monday, September 25, 2006, 12:30 p.m. Mary Kramer from Fairfax County Fair and Rescue will be here to teach use about blood pressure and take readings.

Mondays in September, 12:45 p.m. Book Club. *All Fairfax Reads* once again this year has picked a book for all of us to read and discuss. This year's book is Balzac and the Little Chinese Seamstress. The center has copies for you to read.

September 2006 Shopping Trips

*All trips depart the center at 10:30 a.m. and pick up 1:15 p.m.
The fee is \$1.00*



| | |
|-------------------------------|--------------------------------------|
| Wednesday, September 6, 2006 | Wal-Mart / Giant. |
| Wednesday, September 13, 2006 | Rolling Valley Mall- Shoppers / Ross |
| Wednesday, September 20, 2006 | Springfield Plaza- Kmart / Giant |
| Wednesday, September 27, 2006 | Kingstown- Safeway / TJ Maxx |

September Extra! Extra! Extra!

Coming soon PACE exercise class!

This class is designed for people with arthritis. This class will contain range of motion exercises, strengthen exercises, endurance and weight bearing activities, breathing exercises, as well as health education.



Donation Schedule and Charges for Meals at Senior Centers

Donation Schedule

(For individuals 60 years of age & over)

Monthly Income Donation:

| | | | |
|---------|---|---------|--------|
| \$0 | - | \$ 883 | \$1.00 |
| \$884 | - | \$1,324 | \$2.00 |
| \$1,325 | - | \$1,764 | \$3.00 |
| \$1,765 | - | \$2,645 | \$4.00 |
| \$2,646 | + | above | \$5.00 |

Meal Charges

For guests under age 60, the charge is \$5 per meal.
The actual average cost of the lunch is \$7.32 per meal.

Also available daily:

Chef salad

Fruit salad

Veggie

Box lunch (sandwich)

Lunch is served daily at noon.

Reservations must be made at least one day in advance

A Quick Reminder About Fastran

For those of you who use Fastran, please remember to call Franconia Springfield Senior Center before 8:15 a.m. at 703-924-9762, TTY 711 if you are cancelling a morning ride. Please let us know if you are cancelling afternoon transportation no later than 11 a.m. that day.
If you need to cancel lunch, please let staff know that day before 8:15 a.m.

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Tell a friend. Bring a friend. Make a friend!

Thank you for your interest in our program!
Look inside to see our calendar of events and our menu.
Bus service may be available. Call the center for details!
703-924-9762, TTY 711



A Fairfax County, Va., publication

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| |  | | | 1 9:00 a.m. Walking Club 10 a.m. Coffee Klatch 10:30 a.m. Line Dancing 11:00 a.m. Exercise w/Steve Noon Lunch 12:30 p.m. BINGO |
| 4 Center Closed  Labor Day | 5 9:00 a.m. Walking Club 10:00 a.m. Bridge 10:30 a.m. Line Dancing w/Jackie Noon Lunch 12:30 p.m. Chess Club 12:30 p.m. Dominions 12:45 p.m. Reminiscent Corner | 6 9:00 a.m. Walking Club 10:15 a.m. Trip: Kingstowne Walmart/ Giant\$1 11:00 a.m. Strength Training w/Anne Noon Lunch 12:30 p.m. Kings on the Corner | 7 9:00 a.m. Walking Club 10:30 a.m. Exercise 10:30 a.m. TRIP: Springfield Mall/ Senior Expo 11:00 a.m. Puzzle Time Noon Lunch 12:30 p.m. Chess Club 12:45 p.m. Center Scrap booking w/Anne | 8 9:00 a.m. Walking Club 10 a.m. Coffee Klatch 10:30 a.m. Line Dancing 11:00 a.m. Exercise w/Steve Noon Lunch 12:30 p.m. BINGO |
| 11 9:00 a.m. Walking Club 10:30 a.m. Exercise 11:00 a.m. Wills on Wheels Noon Lunch 12:15 p.m. Movie Day 12:30 p.m. Knitting Club 12:45 p.m. Book Club | 12 9:00 a.m. Walking Club 10:00 a.m. Bridge 10:30 a.m. Line Dancing w/ Jackie Noon Lunch 12:30 p.m. Chess Club 12:30 p.m. Puzzle Time 12:45 p.m. Dominoes 12:45 Reminiscent Corner | 13 9:00 a.m. Walking Club 10:15 a.m. Trip: Rolling Valley Mall/ Shoppers/TJ Max\$1 11:00 a.m. Exercise Noon Lunch 12:30 p.m. Emergency Preparedness Kits and Speaker | 14 9:00 a.m. Walking Club 10:30 a.m. Exercise class 10:30 a.m. Puzzle Time Noon Lunch 12:30 p.m. Chess Club 12:30 Speaker Nutrition visit with food service | 15 9:00 a.m. Walking Club 10:00 a.m. Coffee Klatch 10:30 a.m. Line Dancing 11:00 a.m. Exercise w/Steve Noon Lunch 12:30 p.m. BINGO |
| 18 9:00 a.m. Walking Club 10:30 a.m. Chair Jazzercise w/Peggy 10:30 a.m. Trip Old Country Buffet/ Music Noon Lunch 12:30 p.m. Knitting Club 12:30 p.m. Pinochle 12:45 p.m. Book Club | 19 9:00 a.m. Walking Club 10:00 a.m. Bridge 10:30 a.m. Line Dancing w/Jackie Noon Lunch 12:30 p.m. Chess Club 12:30 p.m. Puzzle Time 12:45 p.m. Reminiscent Corner | 20 9:00 a.m. Walking Club 10:15 a.m. Trip: Springfield Plaza/ Giant/ Kmart \$1 10:00 a.m.-Noon DJ Steve 11:00 a.m. Strengthen Training w/Anne Noon Lunch 12:45 Lucky Sevens | 21 9:00 a.m. Walking Club 10:30 a.m. Exercise 11:00 a.m. Puzzle Time Noon Entertainment Dixie Land Band Noon Lunch 12:30 p.m. Chess Club 12:45 p.m. Center Scrap booking w/Anne | 22 9:00 a.m. Walking Club 10:00 a.m. Coffee Klatch 10:30 a.m. Line Dancing 11:00 a.m. Exercise w/Steve Noon Lunch 12:30 p.m. BINGO |
| 25 9:00 a.m. Walking Club 10:30 a.m. Chair Jazzercise w/ Peggy 10:30 a.m. Speaker-Blood Pressure w/ Mary Kramer 11:00 a.m. Skipbo Noon Lunch 12:30 p.m. Knitting Club 12:345 p.m. Book Club 12:45 p.m. Lucky Seven | 26 9:00 a.m. Walking Club 10:00 a.m. Bridge 10:30 a.m. Line Dancing w/Jackie Noon Lunch 12:30 p.m. Chess Club 12:30 p.m. Reminiscent Corner | 27 9:00 a.m. Walking Club 10:15 a.m. Trip: Kingston/Safeway \$1 11:00 a.m. Strengthen Training w/Anne Noon Lunch 12:30 p.m. Kings on the Corner 12:30 p.m. Advisory Council Meeting | 28 9:00 a.m. Walking Club 10:30 a.m. Exercise 10:30 a.m. Bridge Class 11:00 a.m. Puzzle Time Noon Lunch 12:30 p.m. Chess Club 12:45 p.m. Center Scrap booking w/Anne | 29 9:00 a.m. Walking Club 10:00 a.m. Coffee Klatch 10:30 a.m. Line Dancing 11:00 a.m. Exercise w/Steve Noon Lunch 12:15 p.m. Birthday Celebration 12:30 p.m. BINGO |